

What to Know About Your Health When You Visit the Doctor

Below are a few questions to answer before your doctor's visit to help make sure your doctor has the information he or she needs to address your health needs. Be sure to print and complete this document so you don't forget any important details about your health.

- **How are you feeling?** Take this space to write down any symptoms you have been experiencing, how long you have felt this way and any questions for your doctor.

- **Have you had any major surgeries or other medical issues?** Be sure to include any allergies, pre-existing health conditions, chronic diseases or recurring illnesses you may have.

- **What is your family medical history?** Take note of the health of your parents and siblings. Be sure to include whether anyone in your family suffers from chronic illnesses like cancer, heart disease, diabetes, arthritis, etc.

- **What medications are you taking?** This includes any prescription or over-the-counter medications that you're currently taking. Consider bringing the medication with you to your visit to provide the doctor with more information.
